

Marley's Tales

Autumn 2023

Tales from The Apuldram Centre, from the cat with no tail!



Marley's Tales is a seasonal publication produced by the trainees at the Apuldram Centre. We have named the publication after the Apuldram cat, Marley – The cat with no tail! We want to share with you some of the things we get up to and talk about. It is produced by the Apuldram trainees, with some support from the staff.

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Our Team

Our team of journalists can be a little fluid, but this is the current line-up. We have all written a short description of ourselves

Elizabeth

My name is Liz. I live with Dan and Cas. I have a horse called Folly and I live on a Watercress Farm Locally. I work at the farm.

One Truth, one lie.

I am lazy sometimes.

I have a pet lion called Sam.



Phillip

I am 40 years old. I own my own bungalow. My mum lives with me. I have a brother called Matthew. Matthew has got a wife called Rowena. I go to Apuldram three days a week.



Truths and lies!

I like drinking Baileys. I have met the King. I like watching "Only fools and horses". Madonna is my auntie. I like 80's and 90's music. I am a magician. I have a mobility scooter. My scooter goes at 50MPH. I am 45 years old.

Anthony

I am 51 years old and I live in Chichester. I live with two other people. I do some bell ringing four days a week. I love coming to Apuldram two days a week. I go walking a lot. I've got lots of hobbies.



Truths and Lies

I have met Mick Hucknall. I like pop music. Eric is my grandad. I like watching TV. I have a pet dog called Patrick.

Joshua

I am 36 years old and I live in Emsworth with my mum, dad and brother. I enjoy walking, going out, playing PS4 games and watching films.

One truth, one lie.

I look after my brother's dog called Peggy.
I drive a Ferrari



Gregory

My name is Gregory. I live in Selsey with Kirk, my brother and Leslie, my sister in-law. I have a white dog called Douglas. I sometimes take him for a walk. I enjoy listening to music and I sing a song every morning for people to guess.

One truth, one lie

I live in a big, brown luxury caravan.
I keep a pet tiger at home.



Zak

My name is Zak. I have two dogs called Sky and Lulu. I live in Bracklesham about one minute from the sea. I enjoy listening to music. I like all types of different music. Love watching TV, especially action films, comedies and romances.

One truth, one lie.

I have a girlfriend called Anna.

I keep a pack of llamas in my back garden



Danny

My name is Danny. I live in Bognor, but I sometimes visit my dad in Selsey. I enjoy listening to music and I like Robble Williams, Smokie, Elton John and Jonathan Richmond. I have a fiancée called Louise.

One truth, one lie

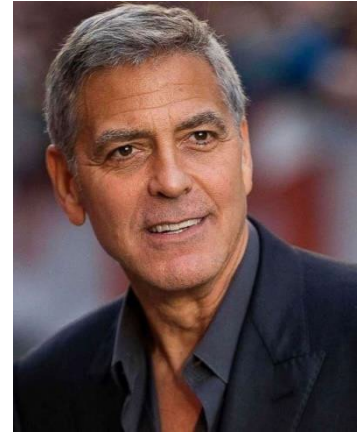
I have got a moped.

I love playing PS4.



Nick Howes

My name is Nick. I am 61 years old. I work at the Centre three days a week and on one day I support the team to create this magazine. I have a wife and family. I live locally in Fishbourne. I enjoy walking, gardening and eating cake. Biscuits are ok as well. I cycle most days to work and at weekends.



One truth and one lie about me.

I am an old punk who enjoys the music of the Sex Pistols and The Clash.

At weekends Kyle Minogue and Cliff Richard often pay a visit to my house to play Scrabble.

“Would you rather?” questions

Our team of journalists are fascinated by “Would you rather” questions. These are hypothetical questions that get you to make a choice between two, usually impossible, situations. Sometimes the choice is between two good things and sometimes between two unpleasant things. We researched and chose four different questions to ask people around the centre. We tried to find questions that would encourage people to think about and discuss their answers. Our questions were:

Would you rather find true love or win the lottery?

Would you rather have a pause or rewind button on your life?

Would you rather have the ability to see 10 minutes or 150 years into the future?

Would you rather be forced to sing along or dance to every single song you hear?

Would you rather find true love or win the lottery?			Would you rather have a pause or rewind button on your life?		
Name	Love	Lottery	Name	Pause	Rewind
Tyrone	✓		Alka		✓
Alka		✓	Henry		✓
Henry	✓		Ed		✓
Ed		✓	Lisa		✓
Lisa		✓	Lizzy		✓
Lizzy		✓	Larry		✓
Larry		✓	Jessica W	✓	
Jess W		✓	Andrew M		✓
Andrew M		✓	Jessica	✓	
Jessica	✓		John	✓	
John	✓		Julie Hurman		✓
Julie Hurman		✓	Chris	✓	
Chris	✓				
Julie H		✓			

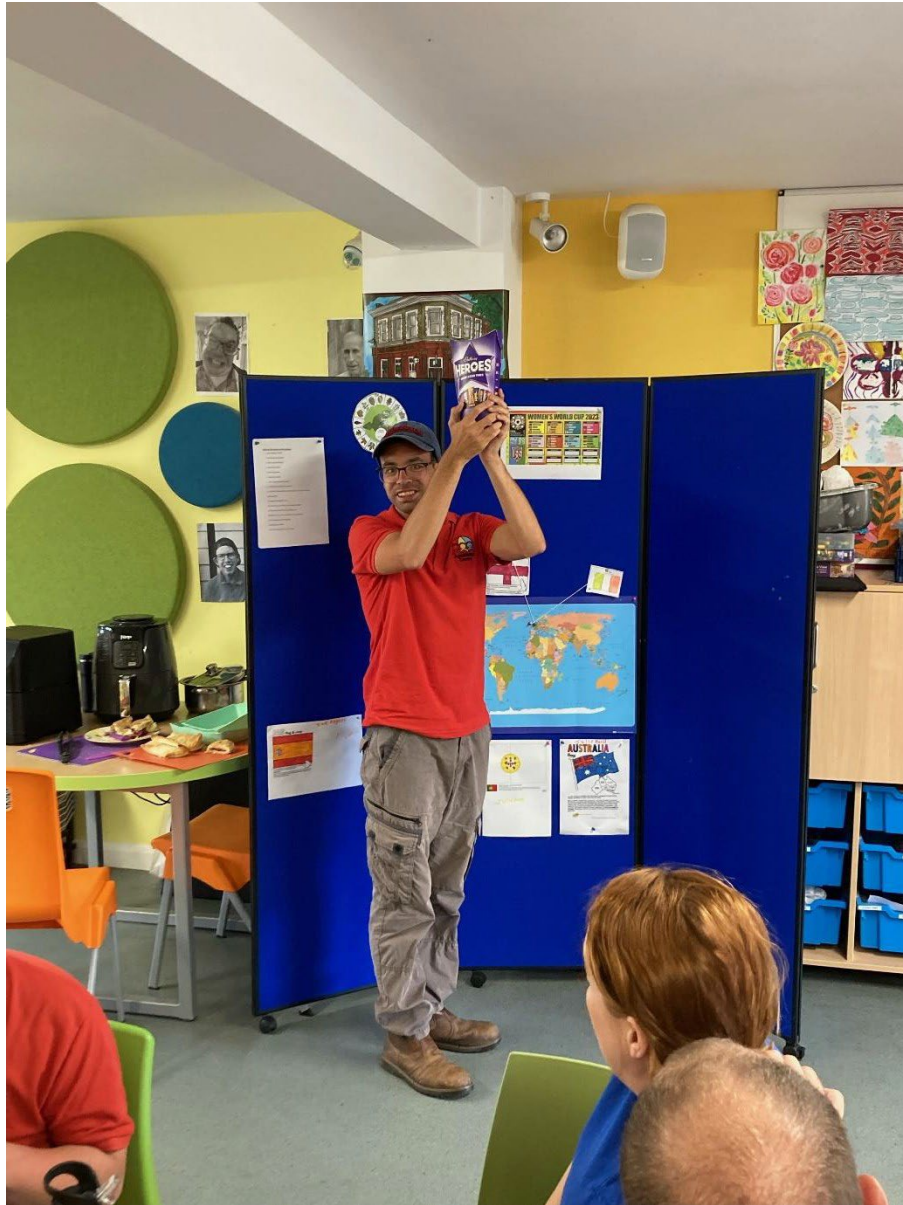
Would you rather have the ability to see 10 minutes or 150 years into the future?			Would you rather be forced to sing along or dance to every single song you hear?		
	10 Mins	150 yrs		Sing	Dance
Julie Hurman	✓		Debbie (Vol)		✓
Lisa	✓		Julie Hurman		✓
Jess V	✓		Lisa		✓
Julie (Vol)	✓		Jess V.		✓
Chris	✓				
John	✓				

We had some interesting answers!

Women's World Cup Sweepstake

We have all drawn a team in the Women's World Cup in Australia and New Zealand. There is a prize for the winner!

Argentina	Julie (V)	Netherlands	Maria
Australia	Sam B	New Zealand	Chrissie (V)
Brazil	Alka	Nigeria	Lisa
Canada	Chris	Norway	Richard M.
China	Josh	Panama	Jess W
Columbia	Nicole	Philippines	Anthony
Costa Rica	Debbie (V)	Portugal	Tyrone
Denmark	Henry	Rep of Ireland	Emma
England	Julie Hurst	South Africa	Rachel W G
France	John	South Korea	Warsha
Germany	Julie Hurman	Spain	Justin
Haiti	Nick	Sweden	Olivia
Italy	Larry	Switzerland	Rory
Jamaica	Corrinna	U S A	Greg
Japan	Ed	Vietnam	Phill
Morocco	Elizabeth	Zambia	Jess V



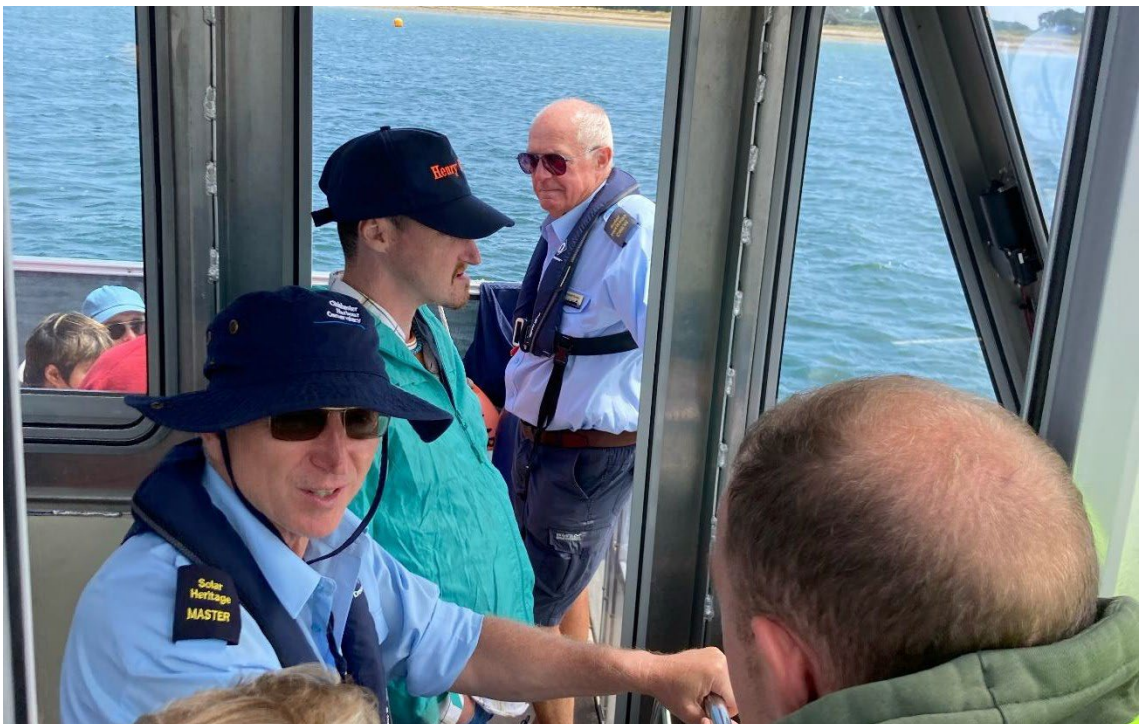
Justin was the winner, with Spain!

Our trip on the Solar Heritage catamaran in Itchenor

We had a great afternoon on the Solar Heritage:









Interview with Lianne Jones

Lianne has just started as our Operations and Compliance manager. We thought that we would interview her with one sensible and one silly question, as we like to do!



1. What is your job title and what will you do?

A- I am the Operations and Compliance manager. This means I look after all of the behind the scenes stuff like health and safety, that keeps everyone safe.

2. What is your favourite Telly Tubby?

A- Po, the red one!

3. What are your hobbies and interests?

A- I love spending time with my little boy, Oscar. I also like gardening. I enjoy eating out in restaurants.

4. If you could be a celebrity, which one would you be?

A- Steven Fry always seems really clever!

5. What jobs have you done in the past?

A- My last job was supporting old people in a similar role to what I am doing at Apuldram.

6. Can you perform your favourite nursey rhyme?

A- (Lianne recited a perfect version of “Twinkle, twinkle” with our team of journalists joining in!)

7. What type of music do you like?

A- I like Counting Crows who are a country rock band.

8. Can you impersonate any celebrities?

A- NO! (She did try to do Bruce Forsythe, with some encouragement!)

9. What is your favourite film?

A- Jurassic Park (The first one)

10. Would you rather live on the beach or in a cabin in the woods?

A- A cabin in the woods, because I don't like sand.

What is your "Desert Island" song?

We asked everybody in the Centre, on a Wednesday morning, which one song they would want if they were stuck alone on a desert island. We got some interesting answers!

Name	Song	Artist/Band
Sam	Love Me Do	The Beatles
Elizabeth	Sailing	Rod Stewart
A N Other	Jai Ho! (You Are My Destiny)	The Pussycat Dolls
Corrinna	Great Balls of Fire	Jerry Lee Lewis
Lisa (Staff)	Wrong Side of heaven	Five Finger Death Punch
Sue	Whiter Shade of Pale	Procol Harem
Brian	Bridge Over Troubled Water	Simon and Garfunkel
Jackie	Sway	Dean Martin
Larry	Stairway to Heaven	Led Zeppelin
Rachel W G	European Son	The Velvet Underground
Debbie (Vol)	Africa	Toto
Jess	You're the First, the Last, My Everything	Barry White
Julie Hurst	Dancing Queen	Abba
John	New York	Louis Armstrong
Olivia	Buttons	The Pussycat Dolls
Julie Hurman	Black Magic	Littlemix
Terri	Always look on the Bright Side of Life	Eric Idle
Richard	Happy	Pharrell Williams
Danni	Doctor Jones	Aqua
Kevin	Mull of Kintyre	Wings
Richard M	Mr Rock and Roll	Amy Mcdonald
Eric	Going Underground	The Jam

Justin	Can't Get You Out of My Head.	Kylie Minogue
Paul	Forever Autumn	Justin Haywood
Tracey	Time After time	Cindi Lauper
Zak	Freak Me	Another Level
Phill	French Kiss	Li'l Louis
Anthony	Holding Back the Years	Simply Red
Josh	Kingston Town	UB40
Nick	A Song From Under the Floorboards	Magazine
Lianne	(Sittin' on) the Dock of the Bay	Otis Redding
Maria	Wake Me Up Before You Go Go.	Wham!

Well, what a strange mix! Only one band, The Pussycat Dolls, got more than one mention.

You having a laugh?

The Edinburgh Festival has just come to an end. There is always a competition for the best ten jokes from the Fringe. Here are this year's best ten. We did not think they were that funny, so we have collected ten of our favourite one-liners from people in the centre:

Top 10 jokes of the 2023 Fringe

1. I started dating a zookeeper, but it turned out he was a cheetah – Lorna Rose Treen
2. The most British thing I've ever heard? A lady who said 'Well I'm sorry, but I don't apologise.' – Liz Guterbock
3. Last year I had a great joke about inflation. But it's hardly worth it now – Amos Gill
4. When women gossip we get called bitchy; but when men do it's called a podcast – Sikisa
5. I thought I'd start off with a joke about The Titanic – just to break the ice – Masai Graham
6. How do coeliac Germans greet each other? Gluten tag – Frank Lavender
7. My friend got locked in a coffee place overnight. Now he only ever goes into Starbucks, not the rivals. He's Costa-phobic – Roger Swift
8. I entered the 'How not to surrender' competition and I won hands down – Bennett Arron
9. Nationwide must have looked pretty silly when they opened their first branch – William Stone
10. My grandma describes herself as being in her "twilight years" which I love because they're great films – Daniel Foxx

Our top 10 one - liners

What type of birds always stick together? – Vel-crows!

A skeleton walks into a pub and orders a pint of beer, a mop and a bucket!

A man goes to a pet shop and buys six bees. As he leaves he realises that he has seven bees, so he goes back to tell the shopkeeper. The shop keeper replies, “that’s a freebee”!

What do dentists call their x-rays? Tooth pics!

Why can't you trust atoms? They make up everything!

A horse walks into a bar and the barman asks, “Why the long face?”

Why was 6 afraid of 7? Because 7, 8(ate) 9!

What happens to an illegally parked frog? It gets toad away!

A man in a bar was moaning to his friend that he had been sacked from his job in a bank. He explained, "An old lady asked me to check her balance, so I pushed her over!"

There are three men in a boat and they have four cigarettes but no matches. "How do we light the cigarettes?" one of them asks.

"Throw one cigarette overboard" another replied. "That will make us a cigarette lighter!"

Free the Knee!

In this warm weather, everybody is wearing shorts. So we ask you:

Whose knees are these? (Answers at the bottom of the page)

A



B



C



D



E



F



G



H



I



A- John

B- Nick Howes

C- Phill

D- Richard Manning

E- Eric Staines

F- Zac

G- Debbie Jones

H- Anthony

I- Josh

Stan's visit to Apuldram

It was lovely to welcome Stan to Apuldram to meet some of the trainees and staff.

Stan loves horticulture and animals, he has horses, dogs, cats, and chickens.



Debbie took Stan round too see what grows in the summer months. A variety of everything.

Tomatoes, aubergines, courgettes, cucumbers, onions, apples. The list goes on.

Stan would love to become a farmer and starts his secondary school in September.

He is keen to develop his knowledge of the land and the environment.



In a few years' time perhaps Stan could become a volunteer or even work at Apuldram.

Watch this space.

Stan sends his thanks to Apuldram for his invite, which he finished off with lunch in the café. A five-star Spanish omelette and banana milkshake.

A hot day at the Centre

The 6th September was a very hot day at the Centre, about 30 °c. We had a conversation about what it means when it is hot or cold and what we know about the temperatures of other things or events we are involved in. We discussed what centigrade is and what the temperature of significant things in our life was. We made this list:

160 °c to 200 °c Oven temperature

100 °c Boiling water

45 °c A record breaking very hot day abroad

40 °c A hot bath

37 °c Human body temperature

28 °c to 32 °c The temperature today in the UK

28 °c Comfortable swimming pool temperature

18 °c to 21 °c Normal room temperature

0 °c to 5 °c A normal fridge

0 °c Water freezes

-18 °c to -21 °c Freezer temperature

We asked some staff members a set of questions about everyday temperatures to see what they knew:

Do you know these temperatures?

Situation/ Name	Eric	Tash	Jonny	Larry	Debbie	Martin	Liann
Normal room temperature	20	36	20	22	18	18	18
Body temperature	37.2	37	37.6	32	36.4	36	36
A fridge	5	5	5 to 8	10	0 to 8	3	4
A freezer	-18	-10	-20	-5	-15	-22	-8
Boiling water	100	100	100	100	50	100	100
The hottest it will be today	32	27	27	27	28	31	29
An oven	180	200	180	180	160 to 200	180	200
A comfortable swimming pool	30	20	10	28	18	26	28
A hot bath	55	38	35/36	30	22	40	38



Our information collection team.